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Navy visits

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INPORTANEWS

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■ TRAINING: Fire service practises auto-extrication and firefighter searches

Honing their skills

DAVE JOHNSON InPort News Staff

PORT COLBORNE - Unable to see anything at all, two firefighters had to move around a pitch black warehouse to find a downed colleague on Saturday morning.

Once the firefighter was found, two more entered the former Robin Hood Mulitfoods building now owned by Riverland Agriculture Ltd — to help the first team extricate their colleague.

The downed firefighter both volunteers and profes-

the search for a downed firefighter was just an exercise. But the techniques used by Port Colborne Fire and Emergency Services on the weekend would be the same if it were a real emergency.

Capt. Wayne Benner said the four-hour training session involved large area search techniques for lost firefighters.

"We're losing firefighters in big facilities ... it's not that firefighters are being over aggressive, these things bannen Benner said 20 firefighters,

was a rescue dummy, and sional, were taking part in the

training. For some, the training wasn't new, it was more of a review of the techniques, to keep their skills sharp.

With the training, firefighters entered the building in their full bunker gear, complete with SCBA (self-contained breathing apparatus). The masks on the SCBA were covered completely to simulate conditions of a smokefilled building.

A rope system is used and all firefighters are clipped onto it so they can find their way back out and not get lost themselves.

see TRAINING | page 2



DAVE JOHNSON Staff Photo

Port Colborne Fire and Emergency Services firefighters practise large area search techniques at the former Robin Hood Multifoods on Saturday. The training is to help find firefighters lost inside large structures.

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TRAINING

Firefighters also practise auto-extrication techniques

FROM PAGE 1

"The guys have to selforient themselves in the building in the smoke and locate a downed firefighter. Once they find him, they have to package him and get him ready for extrication. A second team is sent in to help the first one remove the

Benner said whenever firefighters need to practise various techniques, Riverland has always stepped up and offered its facility for use.

While one group of firefighters was crawling around the Riverland warehouse, another was tearing doors and roofs off cars over at Simmons Auto Body. Capt. Joe Henry said auto-

extrication techniques were being practised and firefighters were honing their skills. "Auto-extrication calls are technical calls that require

finesse. Firefighters have to know the weak and strong points of a car, what to cut and what not to cut."

Henry said Simmons allows the fire service to use its vard and wrecked vehicles to practise auto-extrication throughout the year.

"We practise different methods ... some are our go-to methods, but we're letting the guys use the different tools to see what they can do and see what their limitations are."

Tools like cutters, spreaders, rams and others were used to do single and double door removal, and roof removal from a small fourdoor Chevrolet Cavalier.

Henry said removing doors, or a roof, is all about allowing firefighters and paramedics quicker and easier access to patients trapped inside vehicles. With today's cars and all

of the new safety features though, he said firefighters have to be careful.

"There are airbags and seatbelt pretensioners to deal with. On one of the newer Mercedes models. there are 27 airbags in the car. Those bags could go off at anytime, if they are not already deployed. We have to be careful or we could hurt ourselves or the patient."



DAVE JOHNSON Staff Photo Port Colborne Fire and Emergency Services firefighters practise large area search techniques at the former Robin Hood Multifoods on Saturday. The training is to help find firefighters lost inside large structures.



DAVE JOHNSON Staff Photo Port Colborne Fire and **Emergency Services** firefighter Jesse Chamberlain uses a cutter during autoextrication training on Saturday.

■ TOURS

Royal Canadian Navy visits Port Colborne

VICTORIA GRAY InPort News Staff

PORT COLBORNE — Master seaman Robert Hector, weapons engineer aboard the H.M.C.S Glace Bay, has served in the

Canadian Forces for 11 years.

He's sailed as far north
as Greenland patrolling the
coasts and assisting in rescue
missions and he's gone as far
south as Columbia working
with NATO countries on drug

enforcement missions.

The Glace Bay was docked in the Welland Canal in Port Colborne last weekend on West St., near Sugarloaf St., where crew members gave tours on Saturday of the ship's bridge, navigation systems, guns and told visitors about

the ship's uses and history.

"We really enjoy doing these tours in and around the Great Lakes because it gives people who live inland an opportunity to see us and see that the Navy is here performing a valuable service to the country. We don't often have a large presence here, whereas people who live in Vancouver or Halifax see us all the time," Hector said.

More than 500 people took advantage of the tours. The Royal Canadian

Navy Kingston-class coastal defense vessel is home to more than 30 crewmen who spend months at a time away from the ship's home port in Halifax.

The ship is used for sovereignty patrols of coastal waters, drug operations,



The H.C.M.S Glace Bay, a Royal Canadian Naval warship, was docked in Port Colborne and crewmen gave tours to more than 500 people on Saturday.

time and also takes department of fisheries officers out to do patrols on the Grand Banks in the Atlantic Ocean and more.

Ken Moss brought his stepdaughter Fayth Fidler to tour the ship because neither Royal Canadian Navy vessel and thought it was a good opportunity to learn more about them.

"It was actually pretty amazing to see how they steer the ship from side to side, the guns, communications — it

One of Hector's responsibilities aboard the ship is to act as a rescue swimmer for man overboard simulations or situations. Sailors generally use the Zodiac for rescue operations, but if the crane Hector has to jump in the water. I During a drill, he said,

During a drill, he said, but i Oscar, the ship's dummy, was thrown overboard and the crew had to find him, but fog rolled in and the ships smoke signals marking where Oscar

"It took hours to find him," he said. "We eventually did, but it really puts things into perspective for you."

victoria.gray@sunmedia.ca



INPORTANEWS Don't be stupid

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inport.news@sunmedia.ca John Tobon, publisher, print & digital Dave Johnson, Inport News senior reporter



ourview

Just secede?

Back in the spring of 2010, Bill Murdoch, then the MPP for Bruce-Grey-Owen Sound, suggested that Toronto should be hived off from Ontario to become Canada's 11th province. Murdoch, now retired to his beef farm and radio talk show was on the right track, but his approach might have been a bit off

It should be rural Ontario seceding to form its own province, leaving Toronto and the like to their own devices. The reasons for secession are as varied as the people living

outside the Big Smoke. Chief among them would be to get away from Queen's Park

and the provincial government. This same rationale is behind a secession movement in northeast Colorado.

CBS reports that 10 counties have been talking about forming the 51st state.

Such a state would be called North Colorado and organizers say their interests are not being represented at the state capitol. The chance of secession actually going forward in Colorado

is between nil and zero. However, the discussions illustrate the frustration rural

residents feel. The situation is even worse in Ontario. Not only is the voice of rural Ontario muted at Queen's Park, the Liberal

government has gone out of its way to do real and lasting damage to regions outside big city limits Take, for example, the talks going on right now to find hope

for the failing racehorse industry across the province. Larger tracks have some hope of surviving under a new plan, but smaller tracks, the feeder system that assures a future for high-quality racing, so far aren't receiving much, if any,

Here's where the sulky wheels hit the dust. This issue is not about being ignored by government as in Colorado. The Ontario Lottery and Gaming Corp. (OLG) created the horse race problem with the full support of the provincial

OLG unilaterally decided to cancel a long-standing slot machine deal with Ontario's tracks in favour of changing the landscape of gambling in Ontario.

In other words, the province prefers to share gaming revenues with a U.S. business rather than with horse owners and associated businesses and employees, most of which are in rural Ontario Not only has this stupidity cost jobs and rural businesses, it's

anybody's guess how many horses and their foals have been euthanized because of a bleak future for racing. If the residents of rural Colorado have a hill of grievances,

rural Ontario has a mountain.

Without drastic measures, the future of rural Ontario is that of a playground and poor-cousin producer of food and power for the legends-in-their- own mind crowd from Queen's Park.

imerriam@bmts.com

REV. GORD ABRAHAM

Port Colborne Baptist Church We are, whether we accept it or not, overwhelmed with information. Much of it trivial, much stupid, while the majority of it useless data that takes our time and energy while contributing nothing to a

proper way of living. Having just read an online blog by

Charles Stone, I read his quotation of other authors saving, "In today's world we're bombarded with information overload

One author coined this problem "infobesity" (Pearrow, 2012) to describe this data overload. When we get too much data our thinking brain shuts down to new information, British psychologist Dr. David Lewis coined a term to describe what happens from infobesity as 'Information Fatigue Syndrome,' Symptoms include burnout a compulsion to constantly check email or the web. (I would add texting and Twitter) poor concentration, hostility (Elwart, 2013), and anxiety caused by

Where do we go to find information and knowledge that, instead of wasting time, gives us guidance and "wisdom"

for a right way of living? Where do we find the right guidance so we don't waste our lives on trivia and

Recently, I talked to a friend who asked God to make him wiser in his life and he was impressed to begin to read the Book of Proverbs in the Bible, which he has now been doing, daily for over 2 years. I have begun to do the same and am amazed at the practical directives

and life corrections received from these A Proverh is an ancient form of teaching that uses short, pointed statements that warn, teach, guide or correct our lives. Who doesn't need

ancient words.

The Book of Proverbs states it's Purpose at the beginning, "Their purpose is to teach people wisdom and discipline. to help them understand the insights of

over stimulating our brain's emotional

the wise. Their purpose is to teach people to live disciplined and successful lives, to help them do what is right, just, and fair. These proverbs will give insight to the simple, knowledge and discernment to the young." (Proverbs 1:2-4)

Among the many definitions of Wisdom we could say it is, "the ability to apply knowledge to life" or better vet "directives for living rightly". Combined with it's Purpose is

the Theme, "Fear of the Lord is the foundation of true knowledge, but fools despise wisdom and discipline" (Prov 1:7). Fearing God is out of style today, but if I read this right, it is the only pathway to wisdom and the starting place for leaving my stupidity behind. Join me, on this summer time journey,

in gaining wisdom (I sure need it) and if you want a Bible to read these Proverbs. contact me

Join us at our church, each Sunday morning, as we gather together to sing, worship and discuss this book of wisdom, the wisdom from Solomon, The Book of Property

■readers'views

Forward thinkers on turbines

My wife and I recently decided to take advantage of a beautiful summer day and take a ride to Port Dover. We have not travelled along our usual route on Rainham Rd. between Dunnville and Nanticoke since last summer, and were quite surprised to see the changes that have taken place in that area.

Shortly after passing through Sweets Corner, I noticed something white and shiny on the horizon. As we got closer we realized that it was one of many wind turbine towers being built in the area, and what a site it was -these magnificent, pristine white structures standing above the treetops.

Although they are still in the constuction stage, they are an impressive sight, and one can only imagine the beauty of them all revolving slowly, and in unison in the gentle Lake Eric breeze when they are commissioned.

It brought to mind something that my sister, who lives in Calgary, once told me, that upon seeing a wind farm of 100 or more turbines in rural Alberta, it looked like a well choreographed ballet.

As I travelled among them I couldn't help but be somewhat jealous of the citizens of HaldimandNorfolk County, knowing that because of their forward thinking they will soon be the beneficiaries of

affordable, renewable, environmentally clean electricity, generated by wind and solar power, as opposed to the citizens of Niagara who will still be relying on an ever increasing demand for electricity, generated by an ever decreasing supply of water from Niagara Falls, a tourist attraction whose beauty will soon be just a memory, as most of the water will be re-routed to the generating stations to supply bydro-electric power to an area stuck in the 19th century.

I keep reading articles and letters to the editor stating that the residents of Wainfleet and West Lincoln don't want these Wind Turbines, but I'm wondering what percentage of the population is in opposition as compared to those who do want them or those who even care. I have yet to run across anyone

who has any opinion one way or the other. Maybe there should be an official house-to-house survey done before more money is wasted on a losing battle, trying to appease a small group of activists.

Jim Bray Port Colborne

Get a grip

It's not even municipal election time vet, but I have seen hens

scratching in the dirt politically and cheeping at Port Colborne city hall because "how dare they pick now to do construction at H.

H. Knoll Park," when their adorable and darling children and grandchildren will be inconvenienced. The splash pad may be affected and it's so-o-o-o-o hot.

Surely ladies, boomer grammas, spoiled gen-xer or millenial mummies, you can't be that entitled and shallow that Precious and Angel. Beauregard and Buford might have to forego their time at the park because the bad old city has decided to renovate playground equipment for children with disabilities?

No other alternatives? Go the beach. Go to other parks. Swim in those inflat-able pools, or better yet beg your friends with pools to let your adorable children swim there. Or like my mother used to do, stick me in the tub, put the shower on and tell me to sing in the rain. Just makes me shake my head at

the shallowness and selfishness of some people in this town, ever ready to carp at city hall so they can make their "political" message even before legal campaigning begins. Get a grip ladies. It ain't all about

you and yours. Liz Seger

Port Colborne

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Seniors reusing incontinence products

VICTORIA GRAY Tribune Staff

PORT COLBORNE - Jack O'Neil is disgusted that lowincome seniors are forced to put their dignity aside to feed

themselves. The longtime seniors advocate says some seniors on fixed incomes in Port Colborne have to choose between buying groceries or

incontinence products. "Depending on the level of incontinence, people can spend more than \$150 a month on these things," he

"I know some people try to use them again or even wash them and it's not healthy." O'Neil met with Welland MPP Cindy Forster Monday morning to deliver a petition with more than 1,300 signatures from residents of Port Colborne and doctors from across Ontario calling for government funding for incontinence products for

"I think it's an important issue," Forster said. "Seniors don't have enough money to live on. Many live below the poverty line as singles and even couples. This is another example of the need

low-income seniors.

for supports for low-income seniors. She intends to bring the petition to Oueen's Park when the Ontario legislature resumes Sept. 9. Health Minister Deb Matthews will

have 24 sessional days, or six weeks, to respond in writing. Forster, a former nurse, said trying to reuse incontinence products or leaving the same pair on for expended

periods can lead to rashes, bladder infections, skin breakdowns and serious skin Roseanne Western, administrator at Niagara Region's Gilmore Lodge seniors home in Fort Erie, said in a phone interview that almost 90%

of seniors living in regional senior care facilities have incontinence issues. "It's just something that happens as we age," she said. "We experience a loss of muscle tone, so (people) lose a lot of control of bowel

and bladder functions. Those muscles are not as strong or working as well (as they used

She said the region's homes receive funding for the products, but she empathizes with seniors who have to buy their

"It's definitely an issue," she said. "They are expensive and it's quite a cost for them." At Shoppers Drug Mart on Niagara St. in Welland a package of 16 Depends Undergarments cost \$23.99. The brands Max Protection undergarments are the same price, but come with 10 in a

O'Neil has collected donations from pharmacies, grocery stores and families

package.



VICTORIA GRAY Staff Photo

Welland MPP Cindy Forster receives from longtime seniors advocate Jack O'Neil a petition with 1,300 signatures urging the provincial government to subsidize incontinence products for low-income seniors.

who no longer need inconbut the need continues to grow. To donate contact tinence products and distributed them to those in O'Neil at 905-835-1731. need for more than 10 years. Donations have fizzled out victoria.grav@sunmedia.ca



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Fireworks big draw at Canal Days

InPort News Staff

PORT COLBORNE -Mayor Vance Badawey is looking forward to the hustle and bustle brought by Canal Days Marine Heritage

Festival. The mayor will be taking in the sights, tastes and sounds of Canal Days from Aug. 2 to Aug. 5. It's during this first week in August that hundreds of thousands of people will descend on city streets for fun

and excitement. Badawey spoke in front of sponsors last week at Sugarloaf Marina to unveil this year's events planned for the festival The event is an important

one in the region because it draws tourism the community and brings many people to the city, he said. What he is looking forward to most, he said is the tradition of the fireworks display

which will be held on Aug. 4 just over the Welland Canal on West St. "It's the fireworks where you see most of the people come out together." Badawey often takes in the fireworks display while sitting in a boat on the canal.

I CANAL DAYS EVENTS

Midway Rides and Games at rincess St., starting at 10 a.m. Friday, Aug. 2 Water Pistol Bash at H.H.

noll Park, 6 p.m. Saturday, Aug. 3 Children's Area at Seaway Park, Saturday to Monday, 11 .m. to 6 p.m

Roselawn Garden Swing at 96 Fielden Ave., 11:30 a.m. to 3 p.m. Canal Days 5k Run. H Knoll Park, 8 a.m., Kids un Run. 8:15 a.m., Adult start unday, Aug. 4

Boat Parade of Lights at ugarloaf Sailing Club Fireworks Spectacular at Vest St., 10 p.m.

The view from the canal is spectacular, but Badawey said it's not just the fireworks he's looking at. He's usually watching the thousands of peoples' smiles and the excitement in their eyes. Tens of thousands of

people gather by the canal to find their spot for the fireworks, some pack picnics and some people wait for hours to catch a glimpse of the explosive display of colour in the

U.S., Badawey said.

The four-day festival celebrating its 35th anniversary this year - features a host of activities, ships, food and live music that is expected to attract more than 300,000 visitors from the Niagara region, the greater Toronto area and the

One of the new editions to the festival this year is the Water Pistol Bash planned for H.H. Knoll Park on Aug. 2, said City of Port Colborne events coordinator Allaina

In exchange for a donation of non-perishable food items to Port Cares, people will be given a chance to participate in the epic water pistol event to help break a Guinness World Record.

"We need shout 3 800 people to participate to break the record for the largest water pistol event and we're hoping for 4,000."

Kane said other new activities this year include the Ultimate Air Dogs, Canada's first and only Canadian-owned and operating dock jumping organization that produces family friendly shows.



edition.wellandtribune.ca



alongthelakeshore

SUMMER ARCHITECTURE walk hosted by Welland Historical Museum. Advance registration is required. Call 905-732-2215 for details.

KITTY ADOPTION and cat food drive and bake sale, today and July 13 and 14. Fonthill Pet Valu, Fonthill Shopping Centre. Call 905-892-5443 for store hours. Lots of great cats and kittens to choose from. Presented by NSNAP (Niagara Spay Neuter

Assistance Program) + NPFN (Niagara Pet Fosters Network). Contact: nsnap@cogeco.ca or call 289-897-8514

GAME PALOOZA! at Wainfleet Township Public Library from 2:30 p.m. to 4 p.m. Children and teens are invited to drop-in to play Nintendo Wii and board games.

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at the Hungarian Hall, 361 Hellems Ave., Welland, noon, Lots of food, fun, games and music for all ages. For more information please call

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of meditations for stress relief and focus, at Pelham Public Library 10 a.m. to 11:30 a.m. Great for beginners and people who have meditated before. Bring a pen and

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see LAKESHORE | page 8





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ALONG THE LAKESHORE

FROM PAGE 7

MONDAY

ART CAMP WEEK
Port Colborne Art Club is sponsoring the week ending July 19. Morning classes are open to 16 students aged 7 to12. Cartooning, drawing as well as painting with watercolours

plies will be provided. Location: Upstairs at Bethel Community Centre at 2703 Chippawa Rd. Port Colborne. Classes run 9:30 a.m. to noon. Doors open at 9 a.m. Cost: \$75 for the week. Register by calling Denise Hesler at 905-899-1215. materials at home and then join Niagara Region public works staff as they present an interactive pirate-themed show all about recycling, at Port Colborne Public Library. For children five to eight years old. Free, just pre-register at the library 905-834-6512.



Make a pirate costume out of recycled materials at home and then join Niagran Region public works staff as they present an interactive pirate-themed show all about recycling, at Pelham Public Library. The presentation will involve games and skill-building activities. Starts I, pm. cost \$2.

PC LIBRARY EXPLORER TOTS. For ages 2-4 with parent/caregiver. Stories, crafts and games. July 17, 31 & Aug. 14 & 28, 10:30-11:15 am. Cost is \$1.00 per class. Pre-register.

JULY 19

GAME PALOOZA! at Wainfleet Township Public Library from 2:30 p.m. to 4 p.m. Children and teens are invited to drop-in to play Nintendo Wii and board games.

SATURDAY

ROSEDALE'S ROOT'N TOOT'N Round-up between 11 a.m and 2 pm., 11 Rosedale Pl. (off Lincoln St.). Free garage sale, free hotdogs, free beans, free popcorn, free activities for the kids, free pony rides. God has blessed us for 75 years and we want to share the blessings with you.

JULY 26

QUIDDITCH MATCH at Wainfleet Township Public Library from 2 p.m. to 3:30 p.m. To celebrate Harry Potter's birthday, we will be

having our 6th annual Quidditch match (weather permitting).

Slytherin vs. Gryffindor. For children aged six and up. Please pre-register by calling 905-899-1277 by July 24. Wear running shoes and sunscreen. Bring a broom. hat and water.

AUGUST 1 BABYSITTING COURSE

offered by St. John Ambulance, 9 a.m. to 3:30 p.m. at Port Colborne library. Sign-up deadline is July 25. For ages 10 to 14. Cost is \$30. Proof of birth date required upon registration.

ÄÜĞÜST5

NIAGARA BEEKEEPERS Association meets at the Niagara Regional Police Service community room, 5 Lincoln St., Welland, at 7 p.m.

AUGUST 25 MS BIKE TOUR

In this my ninth year to raise funds to help our son who has MS, I've registered for the MS Bike Tour to fulfil a personal challenge, and to help the MS Society fund research, advocate for change and help people with MS and their families. I, Larry Peyton, am part of the MS Bike Tour because I believe in a future without



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Absence won't compromise CAO interviews: Barrick

JEFF BOLICHOWSKI OMI AGENCY NIAGARA

THOROLD - One of the regional councillors tasked with choosing Niagara Region's next top bureaucrat says missing a day of interviews won't hurt his ability to pick the best candidate.

Port Colborne Coun. David Barrick, who missed a meeting of the CAO recruitment committee July 7, says being away for his honeymoon that day won't compromise his performance on the interview

But some regional councillors on Thursday while not naming names - slammed the committee's move to allow absent members to stay in the fold, arguing council-lors who can't be there for every meeting should be turfed from the group. That's despite a policy the committee passed June 28 ensuring absent councillors won't get the boot. "If you miss it, I don't

D. Barrick

JEFF BOLICHOWSKI OMI Agency Niagara Port Colborne Coun. David Barrick is pictured in this photo from April.

for yourself, not being there," said St. Catharines Coun. Tim Rigby at council Thursday. He was among a group of councillors who argued missing interviews could mean absent council-

lors miss the best candidate. "How does that councillor weigh those interviews against the ones that you've still had?"

Missing a meeting should mean a councillor is out of the selection process, know how you can judge said Thorold Coun, Henry

Pilli com lome atilicas carrintes com acilics

If you miss it, I don't know how you can judge for yourself, not being there. How does that councillor weigh those interviews against the ones

St. Catharines Coun. Tim Rigby

D'Angela. "Now we have a flawed process." Regional council on the whole disagreed, upholding the committee's move to keep absent councillors on the committee in a 12-7 vote, despite calls from

opposition councillors to reverse the policy. On Friday, Barrick said the committee made clear that missing a meet-

ing would not be a dealbreaker for members. "In this case, interviews

committee."

that," Barrick said.

He said the consultant aiding the Region's search for a new CAO suggested the absentee policy that you've still had?" He said he could speak

with colleagues to catch up on interviews he missed. "The effort last night by certain councillors, I'm not sure what the benefit would have been of doing

"I wonder what the real intent of the motion was, if it was an attempt to get someone else on the

see BARRICK| page 10



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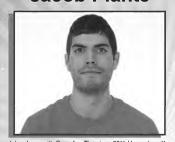




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7 councillors on committee

FROM PAGE 9

The committee was struck earlier this year to choose a replacement for former CAO Mike Troian.

to former CAO Mike I rojan.

Barrick was one of seven councillors chosen to join the committee alongside Regional Chair mittee alongside Regional Chair Miggara Falls Mayor Im Diodat and Chair Sara Mayor Sand Barb Greenwood, Niagara-on-the-Lake Coun. Dave Lepp, Fort Eric Coun. John Teal and Lincoln Coun. Mark Sylsma also sit on the committee. The absence of a councillor distributed St. Catharines Mayor Brian

turbed St. Catharines Mayor Brian McMullan. "We were very clear we wanted

we well very clear we wanted every councillor to attend every meeting," he said during the council meeting. "To be fair, that's why some (candidates) dropped out." Booting absent councillors was

property in the area of Wainfleet.

HOW THEY VOTED

Brian Heit and Brian Baty

To ratify a CAO recruitment committee decision that absence from a meeting would not be grounds to dismiss someone from the committee:

YEA: Couns. Selina Volpatti, Vance Badawey, Bart Maves. Ronna Katzman, Barry Sharpe, Dave Eke, Doug Joyner, Bruce Timms, Bob Bentley, Dave Lepp.

NAY: Couns. Henry D'Angela, Barb Greenwood, Dave Augustyn, Brian McMullan, George Marshall, Tim Rigby and Ted Luciani

not part of the committee's original framework, said Mayes.

"Mr. Barrick was given permission to miss that meeting," he said. "If this retroactively removes him from the committee, that's the height of unfairness."



on this website.

parkscanada.gc.ca

PUBLIC NOTICE Consultation on the Proposed Recovery Strategy for

Eastern Massasauga Rattlesnake

On June 26, 2013, the proposed recovery strategy for the
Massasauga (Sixtrurus catenatus), an endangered species protected
under the Species at Risk Act, was posted on the Species at Risk
Public Registry for comment. This may be of concern to owners of

To find out how you may be affected and to comment on the proposed Massasauga Recovery Strategy, please visit www.sararegistry.gc.ca. Maps showing affected areas can be found

Your comments are important to the development of the final recovery strategy. Comments regarding the Proposed Recovery Strategy for the Massasauga (Sistrurus catenatus) in Canada must be submitted by August 26th, 2013.

If you would like to receive a paper copy of the proposed strategy, or if you would like further information, please contact Cary Allen, Species Conservation Specialist, Parks Canada Agency at 613-993-2125 ext 281 or email: massasauga@pc.gc.ca.





Parks Parcs Canada Canada Canada

■ COURTS

'Progress' in secret Provincial Offences Court talks

QMI AGENCY NIAGARA

THOROLD — Regional council has taken steps forward in consolidating its Provincial Offences Act courts, says St. Catharines Mayor Brian McMullan.

Councillors spent an hour and a half at last Thursday's meeting discussing the issue behind closed doors. They are seeking to reduce the number of court-

houses from four to two.

No vote was taken in open session, but acting CAO Patrick Robson said "a couple" sites have been singled out for

more analysis.

McMullan said there was progress.
"I think there was," he said. "Ongoing progress, but I think progress was made."

The message was echoed by Regional Chair Gary Burroughs, who said, "I'd like to say we're moving along."

Discussion on the POA courts has largely taken place in council's closed sessions as they try to decide where to put their two new courthouses. One will be in St. Catharines, the other in Welland



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COUNCIL

Roselawn Centre rates need to be discussed: Bodner

MARYANNE FIRTH InPort News Staff

PORT COLBORNE -When it comes to Roselawn Centre, Ron Bodner wants the city to look at the dollars and sense.

The Ward 4 councillor has been working alongside community group Friends of Roselawn to ensure the curtains do not close on the arts and culture facility, and he's



Bodner asked that the

calling on in the near future for user the city to groups interested in renting take those efforts one step further. During a recent council

meeting,

Roselawn Centre for various events and activities.

It will allow staff to discuss rate structures directly with the groups, Bodner said, and determine what schools, private groups and not-for-profit agencies

would be willing and able to pay to use the historic building.

There's a perfect storm coming together in a good way."

Coun. Ron Bodner

sitivity. There's a perfect storm coming together in a good way," be said, with so many groups expressing interest. But those inqui-

ries need to be addressed

opportunities aren't lost, he

"It'd sure be nice to fill that place up. Port Colborne High School, for instance, has expressed an interest in hosting its holiday concerts and a series of other events at the facility, but rates need to be worked out before any plans can be made.

"We need to say 'that's what it is' and possibly turn groups away, or we need to work with them and fill this place," Bodner said of the

see ROSELAWN | page 13



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User groups to be included in rate talks

FROM PAGE 12

Harry Hakim, Port Colborne's manager of community services, said he is working on creating a rate structure for the facility and had planned to bring it forward to council's next meet-

ing on July 22. The user groups should be included in that discussion prior to it reaching



cil table. Bodner

Once

the discusarenas.

sion is had and rates are set. they can always be reviewed down the road, Bodner

rate structure for the city's

said. "If the Mayor Vance Badawey groups are said council needs to deternot happy mine whether it has an with the appetite to subsidize rates rates, it's for certain groups to use useless." the facility, similar to the

should gather together the groups and hear their ideas, said Ward

2 Coun.

Angie

Desmarais,

who has attended several Friends of Roselawn meetings and found herself impressed with the ideas that float around the table. "That will allow us to be right decision

flexible enough to make the Bodner and Desmarais agreed to organize a meeting with staff and user groups, though a date has maryanne.firth@ sunmedia.ca





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■ PILGRIMAGE: Local women walk the El Camino Santiago



SARAH FERGUSON Staff PI Mary Eyotte, left, and Eileen Martineau show the stamps they received that indicate where they stopped when they walked the ancient pilgrimage to Santiago de Compostela in Spain.

A personal journey

SARAH FERGUSON InPort News Staff

WELLAND — The El Camino Santiago is not for the faint of heart. To travel the path, which is more than 1,200 years old and over 800 kilometres long, takes courage, selfreliance and no fear.

These are qualifications Elleen
Martineau and Mary Ayotte said they
needed when they each strapped on
18 pounds of gear on their backs.

see PILGRIMAGE | page A5



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■ PILGRIMAGE

The Way of St. James

FROM PAGE 14

They took with them only what they needed — some cash, clothing, sleeping bags, medical supplies and food — and began a journey they will never forget as long as they

They didn't know each other and had only briefly spoke on the phone a few times before heading off to Spain in April to walk the ancient pilgrimage to Santiago de Compostela, which is known as El Camino, or the Way of St. James.

The pair started in Roncesvalles, just over the French border in the Spanish Pyrenees and started toward the Atlantic coast, over mountains and plains, towns and wilderness, taking 34 days to walk to the church in Santiago de Compostela.

St. James was the first aposle to be martyred. Legend has it that his remains were brought from Jerusalem to where he was huried on the site of what is now the city of Santiago de Compostela. He was quickly venerated as a patron and a protector, and for hundreds of years The Way has been trod by milering.

see PILGRIMAGE | page 16



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grimage involved walking 6 to 12

On their journey. Martineau and Avotte would walk anywhere from six to 12 hours a day, stopping to eat and sleep in hostels.

they stopped for the night. they would have a certificate stamped to show their

They say their first day on the pilgrimage was the worst with cold weather and rain

"It's survival. You just keep moving one step in front of the other and the time passes," Martineau said. Although the pilgrims both walked the path, they

each traveled at their own pace, taking in the sights and sounds by themselves. "About 5,000 people came on the El Camino with us. but everyone walked at their

Martineau said of the journey, which she described as personal for those who take

Martineau was known as "the road runner" and Avotte was nicknamed "the turtle." The names were chosen

because of the speed each person walked. The women say there are many reasons for choosing to

Avotte was inspired to take the pilgrimage after having watched the film. The Way starring Martin Sheen and Emilio Estevez. The story is about a father who recovers the body

of his estranged son who died while traveling the El Camino and decides to take the pilgrimage himself.

After learning more about

she had to do it. For Martineau, she traveled the long path in honour of her husband, who died four "I also did it for spiritual

reasons. If you ask every pilgrim, they'll tell you something different." sarah.ferguson@sunmedia.ca

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Lighthouse tours coming?

MARYANNE FIRTH InPort News Staff

PORT COLBORNE -Council has put its support behind what it believes is a bright idea.

Erno Rossi made a pitch to councillors Monday night in hopes of gaining endorsement to host tours of the lakeside city's two lighthouses. Rossi chairs PortColborne's

Save Our Lighthouses group, which has been working to have the local landmarks designated heritage sites. If all goes as planned, the

tours will be held during Canal Days Marine Heritage Festival, Aug. 2 to 5, to start, with potential to expand to other dates if the interest is there

Before the tours can move forward, however, the group must get approval from St. Lawrence Seaway Authority to access the breakwall where the lighthouses are located.

It's been indicated, Rossi said, that approval may come easier with the support of Port Colhorne council behind the project, which has been a long time coming for the

community group. About 1,000 lighthouses across Canada, including the two in Port Colborne, were declared surplus over the past few years by the federal

government. Wanting to see the structures preserved, Save Our Lighthouses was formed by concerned community members who began following the process laid out by the government through the Lighthouse Heritage Protection Act to take control of the landmarks. The group has cre-

ated a petition to have the lighthouses designated as heritage sites and a business plan to show how it will support the structures after they're taken over.

from Fisheries and Oceans

Keys to the lighthouses were recently handed over

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877-835-6868 www.whiskyrun.com ET A 2 FOR 1 BEVERAGE WITH THIS COUPOI acquiring these lighthouses." Rossi said of the ministry.

see LIGHTHOUSE | page 18

Richard Siding



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III LIGHTHOUSE

Structures sound

FROM PAGE 17

After the keys were delivered, the group and its involved engineers examined the structures

"We found them to be with not much maintenance needed but a paint job and a vacuum cleaner. Then it will interested in lighthouses." Rossi believes "interest is strong" and once the tours are set up they will become a big draw for the city, especially since the lighthouses have a unique feature - a tunnel that runs between them.

The group is currently working to raise enough funds to cover the liability insurance for the tours, which strong, well constructed, is expected to run about \$3,000. Members have raised

"We plan to be self-suffibe ready to receive people clent financially in future years," Rossi said, expecting the tours to take off as word spreads.

Though nothing is set yet, the group is thinking about charging \$15 per person and \$25 per couple or family for the tour, which includes a return ferry ride from Sugarloaf Harbour Marina to the structures. Several ferry trips will take place throughout the day, Rossi said, with visitors having the option

of staying out at the site for some time. Council unanimously agreed to sanction the Save Our Lighthouses group and its tours under the umbrella with other Canal Days event

organizers.

DAVE JOHNSON Staff Photo

City council threw its support behind the Save Our Lighthouses groups on Monday night, bringing possible tours of the two on the breakwall one step closer.

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■ CONSERVATION

NPCA chair's 38% raise ripped

JEFF BOLICHOWSKI QMI Agency Niagara

THOROLD - The chair of the Niagara Peninsula Conservation Authority board of directors says his 38% raise this year is

But the nearly \$1,800 increase handed to chair Bruce Timms at the board's April meeting drew flak from some regional councillors at Thursday's meeting. The increase bumps up the honorarium Timms \$1,258.43 honorarium. All

receives per year from \$4,682 to \$6,451.71. The hike puts the conservation authority in line with the average chair payment for bodies of its size, said Timms, a veteran St. Catharines regional councillor. And he said the authority's role has expanded to tree protection enforcement, source water protection and regulating flood plain lines.
"I think Niagara has

realized, if we're going to get performance and get results from government agencies and representatives and public representatives, we're going to have to recognize that it's not done for free and people's time is valuable," Timms

"You get what you pay

St. Catharines Coun. Brian Heit and Pelham Mayor Dave Augustyn both ripped the raises as fiscally irresponsible Thursday. Board members also had their per diem pay increased by 3.1%, while the board's vice chair got a

the changes are retroactive to Ian 1 The wage increases must still be approved by the Ontario Municipal Board. On Saturday, Heit called the increases "outrageous." He said the only votes against the raises came from the non-politicians on the board.

"Come on, folks," he said. "We shouldn't be there for the money. We should be there because we care about conservation." He slammed Timms for backing wage freezes for Region staff and council-



BOB TYMCZYSZYN Standard Staff Bruce Timms, the chair of the Niagara Peninsula Conservation Authority board of directors, says his 38% raise this year is

increases at the conserva- this?" tion authority.

"He was one at the Region that was adamant about the (Niagara Regional) Police staying in line about a 2% guideline" for budget hikes, Heit said. "And then you go and do

The increases passed in a 7-4 vote in which all Niagara councillors voting - Timms, Welland Mayor Barry Sharpe, Niagara Falls David Barrick - voted yes. Vice-chair April leffs, also the Mayor of Wainfleet, declared a conflict of interest, and Pelham Coun. Brian Baty and Niagara-on-the-Lake Lord Mayor Dave Eke were

Timms said the conservation authority board and staff previously took a twoyear wage freeze.

"It wasn't about the increase, like an annual increase," he said.

This was more about redefining the role, like a job description change." Augustyn dismissed Timms' reasoning

Saturday "They haven't increased their watershed. They haven't increased their land mass. They haven't increased their responsi-

bilities at all. He said the elected members at the meeting that day all voted for the change. "This is more about politicians giving themselves increases than Coun. Bart Maves, West anything to do with the Lincoln Mayor Doug Joyner community.

HOW THEY VOTED

On increasing the NPCA chair's honorarium to \$6,451.71. granting the vice chair a \$1,258,43 honorarium and increasing per diem pay to \$71.24 per meeting, all retroactive to Jan. 1, the agency's board voted as follows:

YEA: David Barrick, Carmen D'Angelo, Doug Joyner, Bart Maves, Barry Sharpe, Bob Steckley and Bruce Timms. NAY Stewart Reattle Dominic Di Fruscio, Trevor Easton and

Doug Ransom. ABSENT: Brian Baty, Dave Eke, Tony Dalimonte. April Jeffs declared a conflict

of interest.

lion's share of the conservation authority's budget. and Niagara members hold 12 seats on the 15-member board. The board also includes members from Hamilton and Haldimand.

But Timms said regional council has no say in the board's decisions. "It is not in any way regional council's jurisdic-

lors while supporting the and Port Colborne Coun. The Region pays the tion," Timms said. on service

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What's the Connection Between Skin Tags and Diabetes

Belly fat is a stubborn problem. No end of sit-ups and crunches make it disappear. Starving and running on the treadmill for hours every week doesn't seem to budge belly fat either. We know there is a connection between our expanding waistlines and our hormones. The main hormone contributing to belly fat is insulin. Insulin is a powerful

hormone that, when in excess, also causes an elevation in male hormones in women, causing male facial hair growth and acne too. In men, elevated insulin results in a beer belly and breasts. High insulin promotes weight gain, high cholesterol, diabetes and excess belly fat. Skin tags are an early sign of pre-diabetes. Thankfully, busting belly fat and normalizing insulin just got easier. GLUCOsmart containing Chirositol™ has been researched in over 30 studies at the Virginia Medical School, for prediabetes. Type-2 diabetes, and excess male hormone-related conditions such as PCOS. GLUCOsmart has also been shown to reduce appetite and sugar cravings. But where GLUCOsmart really shines is in fighting belly fat in both MEN AND WOMEN.





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